



Peer Facilitators

Our peer facilitators are Veterans just like you. We are not employees of the VA.

We do receive some supervision and assistance from the VA staff to help us be as helpful to the group members as possible. To be a peer facilitator, all you need is interest, drive and motivation to help other Veterans.

If you are interested in becoming a peer facilitator, talk with the peer facilitator of any meeting you attend.



Ivy Tech

200 Daniels Way

Room A-118

Thursday @ 6 PM

vettovetbloomington.com

Terri - 812-825-8779

Vet 2 Vet Indiana

Vet2vetindiana.org

Veteran Crisis Line

veteranscrisisline.net

or call

1-800-273-8255 and Press 1

or text

838255



Many times in life we come to a crossroad.

Sometimes it takes someone else to help see which path to take...

Veteran Peer Support

Come to get guidance **or** learn be a peer facilitator to help guide others



Peer Support Groups

We are Vet 2 Vet. We are Veterans committed to helping ourselves and other Veterans achieve recovery, and learn coping skills to deal with the psychiatric and adjustment problems we, as Veterans, face. Through these problems we can feel disconnected from ourselves and from other people:

- *We can regain a connection with people.*
- *We can gain back some of what we've lost.*

This is a process, but if we work at it, through the identification and accomplishment of a series of small but meaningful changes, we can have a whole new outlook on life, and re-invent ourselves.

Vet 2 Vet Indiana provides a local, weekly meeting for military Veterans of **all eras** including **non-combat and combat Veterans** to receive support from peers.

Vet 2 Vet is endorsed by the Veterans Administration (VA), but is not a part of the VA.

We are here to learn about ourselves, our problems, and how we affect the other people in our lives.

We believe that:

Education is the first step towards recovery;

Services for people with psychiatric conditions should be driven by them;

Services for Veterans should be driven by them;

We have the ability and the right to feel better, and to have more full, fulfilling and meaningful lives. But, in order to do these, we must learn about change and the processes to make that happen.

The 4 Rules for Vet 2 Vet Meetings

1. The Rule of Safety.

We promise to do no harm to ourselves or others.

2. The Rule of Anonymity.

What is said here stays here
(Unless we hear of someone in danger of violating Rule #1, in which case we owe it to that fellow Veteran to help keep him or her safe.)

3. The Rule of Honesty.

Say what you mean. Mean what you say. We are not here to try to impress each other with our military or combat experiences. We are all in this together.

4. The Rule of Respect.

Please arrive on time. Please do not engage in side-conversations during the group. If we do not see eye to eye, we can agree to disagree.